

Effects of Stress on the Immigration Population: Understanding the Impact on Children and Families

DATE & TIME:

February 18, 2026

9:00PM - 4:00PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE:

Web Broadcast – Zoom

REGISTRATION:

<https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13508>

DESCRIPTION: This training is designed to help DMH staff and contracted mental health providers encountering families where immigration experience, refugee status or other related phenomena are salient. It will explore how different stressors such as discrimination, language barriers, legal uncertainty etc. can significantly impact the mental health of children, youth and families. The training will also address cultural competency frameworks, and trauma-informed best practices tailored to the developmental needs of children and adolescents, with a focus on families experiencing immigration or refugee status. Providers will explore the impacts of Post-Traumatic Stress Disorder (PTSD) and Complex Post-Traumatic Stress Disorder (C-PTSD); best practices and resources for treatment; and a discussion on secondary trauma and burnout.

TARGET AUDIENCE: DMH staff and contracted mental health providers rendering specialty mental health services to children and youth in the child welfare system and/or community.

OBJECTIVES:

As a result of attending this training, participants should be able to:

1. Describe how PTSD and C-PTSD symptomology are applicable to the immigration and refugee experience.
2. Identify specific resources that are relevant for families who are impacted by the immigration experience.
3. List specific evidence-based practices that have been empirically evaluated on this population.
4. Describe how grief is a core phenomenon in the immigration experience.
5. Discuss specific case scenario of how immigration can impact behavioral and emotional functioning and list examples of what providers can do.
6. Describe how secondary traumatic stress and burnout can impact providers.
7. Identify actionable steps to help address stress and burnout.

CONDUCTED BY:

Michael Gomez, Ph.D.

COORDINATED BY:

Yeni Cruz, LCSW - Training Coordinator
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DEADLINE:

February 17, 2026 or when capacity is reached.

**CONTINUING
EDUCATION:**

**6.0 hours for BBS, BRN, CCAPP-EI
6.0 CE for Psychologist**

COST:

None